

## 19. OVERWEIGHT OR OBESE

**Measure Definition:** “About how much do you weigh without shoes? About how tall are you without shoes?” [ $BMI \geq 25$  calculated from reported height and weight]

### Why is overweight and obesity important to public health?

Maintenance of healthy weight is a goal in the effort to reduce the burden of illness and its consequent reduction in quality of life and life expectancy. The relationship of body mass index (BMI, weight (kg)/height ( $m^2$ )) to health outcomes generally supports that a BMI of less than 25 is the upper limit of the healthy weight range.<sup>43,44</sup> Overweight (BMI=25 to 29.9) and obese (BMI $\geq$ 30) individuals are at increased risk for diabetes, hypertension, stroke, heart disease, arthritis, asthma, and some cancers.<sup>18</sup>

### Risk factors for overweight and obesity

Overweight and obesity may be caused by many factors. These factors include inherited, metabolic, behavioral, environmental, cultural, and socioeconomic components. Changes in modifiable and potentially modifiable factors, which include all of the above except the inherited component, may result in changed BMI as a consequence of changes in energy balance. In other words, BMI will increase as a result of increased energy consumption (calories eaten), decreased energy expenditure (calories burned), or a combination of these.

Factors shown to increase energy consumption include: increased marketing and consumption of high calorie and low nutrient foods and beverages; increased availability of high calorie and low nutrient foods and beverages in schools, workplaces, and homes; increased food and beverage portion sizes; and a decrease in meals prepared and eaten at home. Factors shown to decrease energy expenditure include decreased breastfeeding duration (for the mother) and decreased physical activity. Physical activity is negatively influenced by increased daily screen time (television, computers, video games); number of neighborhoods without sidewalks and that are perceived as unsafe; and time spent in automobiles. Also, physical activity is reduced as a result of decreased physical education in public schools and other informal physical activity opportunities.

### Overweight and obesity in Utah

On average, during the years 2001–2005, more than half (57.0%) of Utah adults were overweight or obese (914,252 adults). Prevalence was higher in Utah adult males than in Utah adult females. The combined rate has increased steadily from 39.5% in 1989.

After adjusting for age, Tooele County and TriCounty health districts had a higher prevalence of overweight and obesity (63.0% and 63.8% respectively), while Summit County had a lower prevalence (42.9%) when compared to the state rate. There were also several small areas with higher and lower prevalence rates of overweight and obesity relative to the state rate. Those with higher rates include Clearfield/Hill AFB (64.4%), Kearns (64.6%), West Jordan North (66.3%), and West Valley West (65.4%). Those with lower rates include Avenues (38.9%), Bountiful (45.3%), Downtown Salt Lake (48.7%), Holladay (44.8%), Provo/BYU (46.9%), and Sandy Southeast (45.2%). Data sources other than BRFSS suggest that overweight and obesity are not limited to Utah adults. Overweight in Utah third graders increased dramatically from 1993 (boys 6.9%, girls 6.8%) to 2002 (boys 15.1%, girls 9.5%). In 2002, an estimated 25.5% of Utah kindergarten–eighth grade students were overweight or at risk of becoming overweight. The percentage of Utah high school students

**Utah Objective:** Same as HP2010 objective.

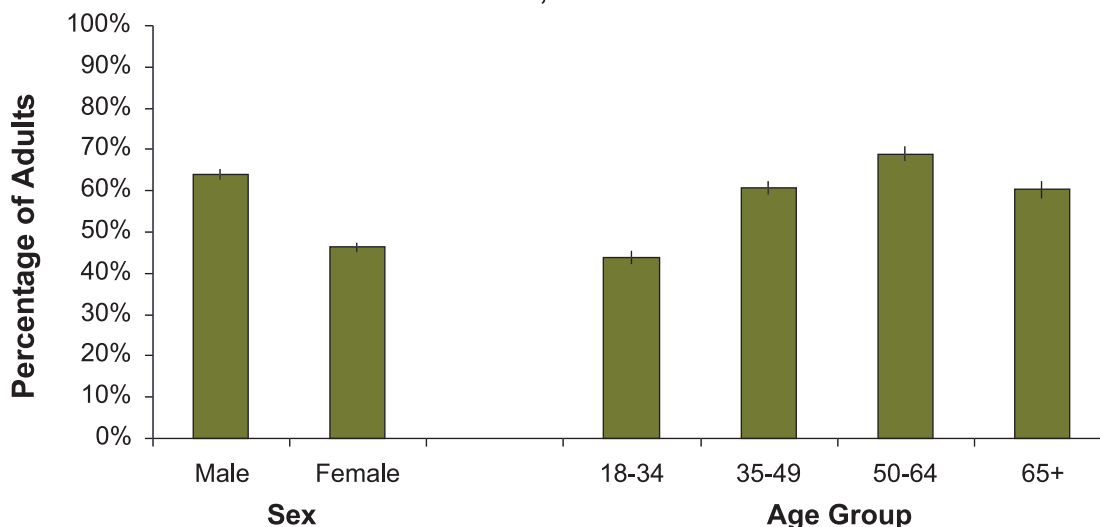
**HP2010 Objective (related) 19-1:** Increase the proportion of adults aged 20 years and older who are at a healthy weight to 60% (age-adjusted to the U.S. 2000 standard population).

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### Overweight and obese in Utah (continued)

who are overweight or at risk for overweight is increasing (1999, 5.4% and 9.1%, respectively; 2003, 7.0% and 11.3%, respectively).<sup>38</sup>

Figure 19.A: Overweight or Obese by Sex and Age, Utah Adults, 2001-2005



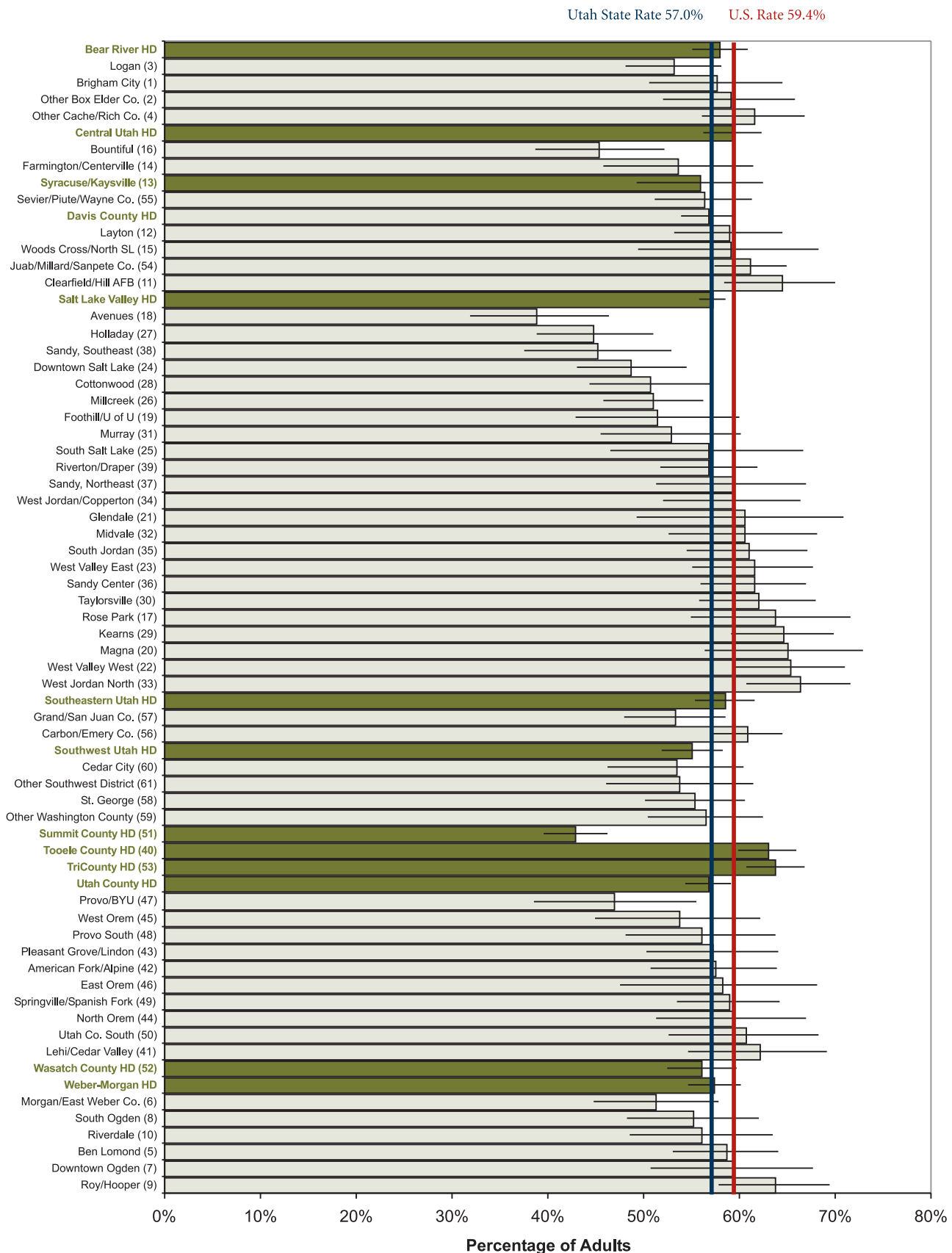
### Prevention/Resources

While maintaining or achieving a healthy body weight is a challenge for many, there are clear factors that influence success and there are resources available to individuals, families, and communities to help them achieve success.

The Utah Department of Health (UDOH) Obesity website (<http://health.utah.gov/obesity/>) has comprehensive information, including *Tipping the Scales Toward a Healthier Population: A Report on Overweight and Obesity in Utah* (the report), and *Tipping the Scales Toward a Healthier Population: The Utah Blueprint to Promote Healthy Weight for Children, Youth and Adults* (the blueprint). In the report you will find comprehensive data on obesity prevalence, risk, co-existing conditions, and successes to manage a healthy weight. In the blueprint you will find Utah's objectives and strategies to impact overweight and obesity in seven critical settings: families, schools, communities, work sites, health care, media, and government. Also on this website you will find current overweight and obesity information and resources on the breaking news page. Other resources include the UDOH Gold Medal Mile program (<http://utahwalks.org/gmm/index.php>) and the UDOH Gold Medal Schools program (<http://www.hearthighway.org/gms/>).

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Figure 19.1: Percentage of Adults Who Were Overweight or Obese by Local Health District and Small Area, Utah Adults Aged 18+, 2001–2005 (Age-adjusted)



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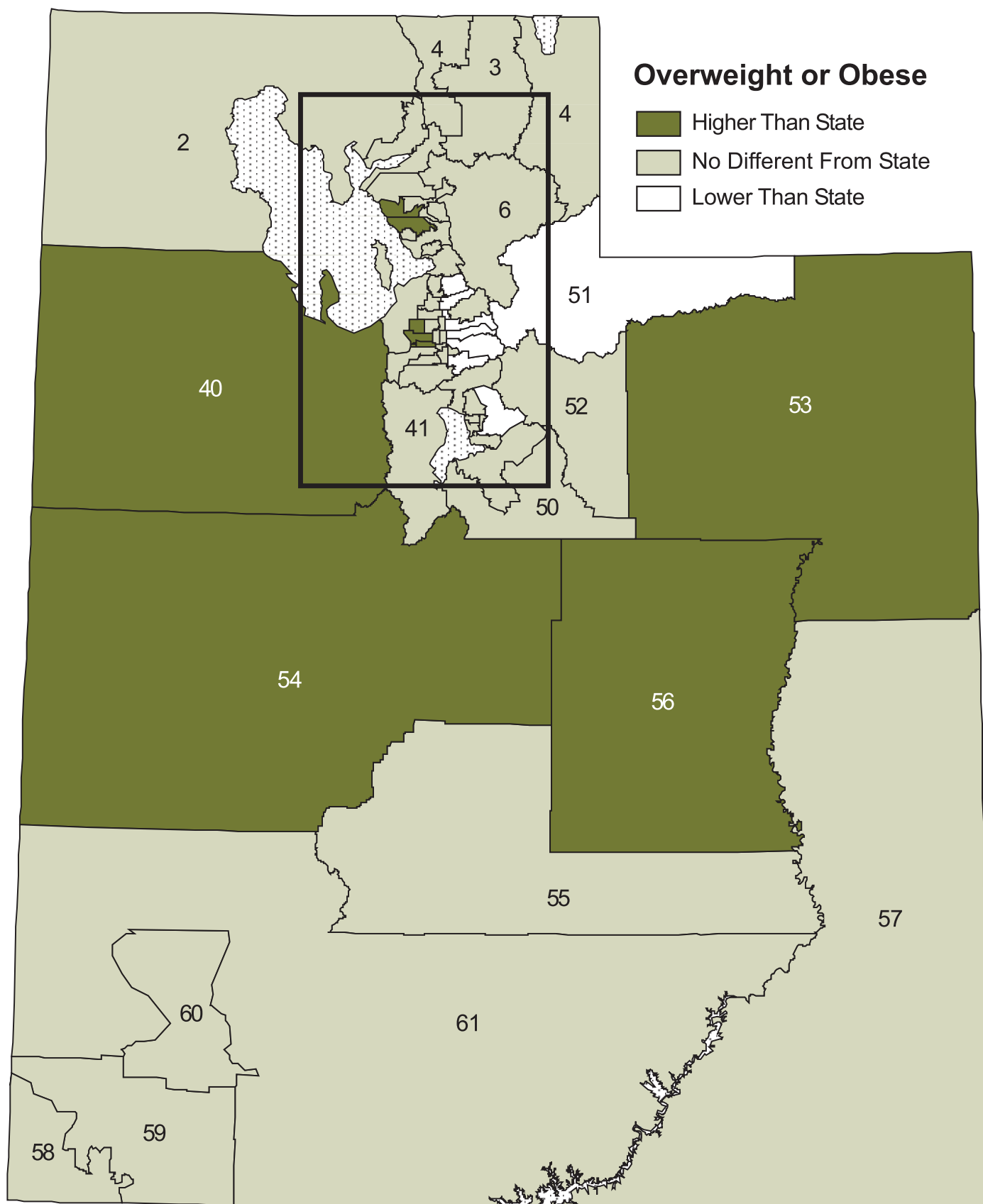
Table 19: Overweight or Obese by Health District, Small Area, Utah, and U.S., 2001-2005

State Rank*	State, Health District, or Small Area	2003 Population 18+	Number of Adults Who Were Overweight/Obese	Crude Rate	Age-adjusted Rate	95% Confidence Interval	
						Lower	Upper
	U.S.	217,803,051	129,875,959	59.6%	59.4%	59.3%	59.6%
	State of Utah	1,657,454	914,252	55.2%	57.0%	56.1%	57.8%
	<b>Bear River HD</b>	98,027	52,739	53.8%	58.0%	55.1%	60.9%
31	Brigham City (1)	14,566	8,671	59.5%	57.7%	50.6%	64.5%
13	Logan (3)	45,904	20,634	45.0%	53.2%	48.2%	58.1%
36	Other Box Elder Co. (2)	14,636	8,643	59.1%	59.1%	52.0%	65.8%
49	Other Cache/Rich Co. (4)	22,921	14,094	61.5%	61.6%	56.1%	66.8%
	<b>Central Utah HD</b>	47,558	27,921	58.7%	59.3%	56.2%	62.4%
47	Juab/Millard/Sanpete Co. (54)	31,637	19,153	60.5%	61.2%	57.4%	64.9%
25	Sevier/Piute/Wayne Co. (55)	15,921	8,830	55.5%	56.3%	51.1%	61.4%
	<b>Davis County HD</b>	175,027	96,492	55.1%	56.8%	53.9%	59.6%
5	Bountiful (16)	33,318	15,659	47.0%	45.3%	38.7%	52.1%
57	Clearfield/Hill AFB (11)	37,329	22,890	61.3%	64.4%	58.4%	70.1%
16	Farmington/Centerville (14)	19,034	10,265	53.9%	53.7%	45.7%	61.4%
35	Layton (12)	46,815	26,095	55.7%	58.9%	53.2%	64.5%
21	Syracuse/Kaysville (13)	24,542	13,638	55.6%	55.9%	49.3%	62.4%
37	Woods Cross/North SL (15)	13,989	7,922	56.6%	59.2%	49.4%	68.3%
	<b>Salt Lake Valley HD</b>	658,810	370,185	56.2%	57.3%	55.9%	58.7%
1	Avenues (18)	18,959	7,267	38.3%	38.9%	31.9%	46.4%
8	Cottonwood (28)	33,297	16,908	50.8%	50.7%	44.4%	57.0%
7	Downtown Salt Lake (24)	42,808	19,893	46.5%	48.7%	43.0%	54.5%
11	Foothill/U of U (19)	17,778	9,056	50.9%	51.5%	42.9%	60.0%
42	Glendale (21)	18,642	10,810	58.0%	60.6%	49.3%	70.8%
3	Holladay (27)	35,956	16,504	45.9%	44.8%	38.8%	51.0%
58	Kearns (29)	42,995	27,366	63.7%	64.6%	59.1%	69.8%
59	Magna (20)	15,623	9,335	59.8%	65.1%	56.3%	72.9%
43	Midvale (32)	21,672	12,412	57.3%	60.7%	52.7%	68.1%
9	Millcreek (26)	44,008	22,127	50.3%	51.1%	45.9%	56.3%
12	Murray (31)	24,072	12,688	52.7%	52.9%	45.5%	60.2%
28	Riverton/Draper (39)	41,391	23,531	56.9%	56.9%	51.7%	61.9%
54	Rose Park (17)	22,639	14,389	63.6%	63.7%	55.0%	71.6%
50	Sandy Center (36)	36,106	20,598	57.1%	61.6%	56.0%	67.0%
38	Sandy, Northeast (37)	18,245	10,792	59.2%	59.4%	51.3%	67.0%
4	Sandy, Southeast (38)	20,781	9,516	45.8%	45.2%	37.6%	52.9%
46	South Jordan (35)	20,931	12,753	60.9%	61.0%	54.5%	67.1%
27	South Salt Lake (25)	18,456	10,549	57.2%	56.8%	46.5%	66.6%
51	Taylorsville (30)	27,372	16,535	60.4%	62.1%	55.8%	68.0%
61	West Jordan North (33)	30,391	18,891	62.2%	66.3%	60.7%	71.5%
39	West Jordan/Copperton (34)	26,360	15,993	60.7%	59.4%	52.1%	66.3%
48	West Valley East (23)	35,527	22,325	62.8%	61.6%	55.0%	67.7%
60	West Valley West (22)	44,794	29,851	66.6%	65.4%	59.4%	71.0%
	<b>Southeastern Utah HD</b>	36,828	21,695	58.9%	58.6%	55.5%	61.6%
45	Carbon/Emery Co. (56)	21,451	13,156	61.3%	60.9%	57.1%	64.5%
14	Grand/San Juan Co. (57)	15,377	8,345	54.3%	53.4%	48.0%	58.6%
	<b>Southwest Utah HD</b>	116,150	63,104	54.3%	55.0%	51.8%	58.2%
15	Cedar City (60)	22,401	11,160	49.8%	53.4%	46.3%	60.5%
18	Other Southwest District (61)	15,384	8,707	56.6%	53.8%	46.0%	61.4%
26	Other Washington County (59)	32,503	18,380	56.6%	56.5%	50.4%	62.5%
20	St. George (58)	45,862	24,761	54.0%	55.4%	50.2%	60.5%
2	<b>Summit County HD (51)</b>	24,525	10,359	42.2%	42.9%	39.5%	46.3%
53	<b>Tooele County HD (40)</b>	32,458	20,179	62.2%	63.0%	59.9%	65.9%
56	<b>TriCounty HD (53)</b>	28,023	18,013	64.3%	63.8%	60.7%	66.8%
	<b>Utah County HD</b>	278,832	141,228	50.7%	56.7%	54.3%	59.1%
30	American Fork/Alpine (42)	26,819	14,694	54.8%	57.5%	50.8%	63.9%
32	East Orem (46)	14,955	8,832	59.1%	58.2%	47.6%	68.2%
52	Lehi/Cedar Valley (41)	18,752	10,377	55.3%	62.2%	54.7%	69.2%
40	North Orem (44)	25,965	14,730	56.7%	59.4%	51.3%	67.0%
29	Pleasant Grove/Lindon (43)	24,636	13,242	53.8%	57.3%	50.2%	64.0%
6	Provo/BYU (47)	39,401	14,945	37.9%	46.9%	38.5%	55.6%
23	Provo South (48)	48,138	19,467	40.4%	56.1%	48.1%	63.8%
34	Springville/Spanish Fork (49)	41,036	22,960	56.0%	58.9%	53.4%	64.2%
44	Utah Co. South (50)	17,363	10,025	57.7%	60.8%	52.7%	68.3%
17	West Orem (45)	21,774	9,866	45.3%	53.7%	45.0%	62.2%
22	<b>Wasatch County HD (52)</b>	12,514	6,978	55.8%	56.1%	52.4%	59.6%
	<b>Weber-Morgan HD</b>	148,702	84,403	56.8%	57.5%	54.8%	60.3%
33	Ben Lomond (5)	33,215	18,806	56.6%	58.7%	53.0%	64.1%
41	Downtown Ogden (7)	21,684	12,798	59.0%	59.5%	50.8%	67.7%
10	Morgan/East Weber Co. (6)	24,131	12,560	52.1%	51.3%	44.7%	57.9%
24	Riverdale (10)	15,522	8,354	53.8%	56.1%	48.5%	63.5%
55	Roy/Hooper (9)	27,898	17,821	63.9%	63.8%	57.8%	69.4%
19	South Ogden (8)	26,255	14,033	53.5%	55.2%	48.2%	62.0%

\*State rank is by 61 small areas for age-adjusted rate; 1 is always the lowest rate in the state and 61 is always the highest rate in the state.

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Figure 19.2: Overweight or Obese by Small Area, Utah Adults Aged 18+, 2001–2005 (Age-adjusted)



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Figure 19.3: Overweight or Obese by Small Area, Wasatch Front Adults Aged 18+, 2001–2005 (Age-adjusted)

